
































## Virginia Beach (outer coast), VA - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:38	4.7	5:58	3.9			12:03	0.2	6:27	5:07	
2	Fri	6:27	5.0	6:49	4.0	12:02	-0.1	12:55	0.0	6:28	5:06	
3	Sat	7:16	5.2	7:38	3.9	12:50	-0.2	1:45	-0.1	6:29	5:05	
4	Sun	8:06	5.2	8:30	3.8	1:38	-0.3	2:35	-0.1	6:30	5:04	
5	Mon	8:58	5.1	9:25	3.7	2:28	-0.2	3:31	0.0	6:31	5:03	
6	Tue	9:55	4.9	10:24	3.6	3:23	0.0	4:31	0.2	6:32	5:02	
7	Wed	10:53	4.6	11:25	3.5	4:25	0.2	5:33	0.3	6:33	5:01	
8	Thu	11:52	4.3			5:31	0.4	6:36	0.4	6:34	5:00	
9	Fri	12:31	3.5	12:57	3.9	6:41	0.6	7:40	0.5	6:35	4:59	
10	Sat	1:49	3.5	2:10	3.7	7:56	0.7	8:39	0.5	6:36	4:58	
11	Sun	3:00	3.7	3:15	3.5	9:07	0.7	9:29	0.5	6:37	4:57	
12	Mon	3:56	3.9	4:08	3.4	10:08	0.7	10:14	0.4	6:38	4:57	
13	Tue	4:44	4.0	4:56	3.3	11:04	0.7	10:57	0.4	6:40	4:56	
14	Wed	5:27	4.1	5:40	3.3	11:55	0.6	11:38	0.4	6:41	4:55	
15	Thu	6:07	4.2	6:20	3.3			12:37	0.5	6:42	4:54	
16	Fri	6:43	4.2	6:57	3.2	12:15	0.4	1:12	0.5	6:43	4:54	
17	Sat	7:17	4.2	7:32	3.2	12:50	0.4	1:43	0.4	6:44	4:53	
18	Sun	7:51	4.2	8:08	3.1	1:23	0.4	2:15	0.5	6:45	4:52	
19	Mon	8:26	4.1	8:45	3.1	1:57	0.5	2:50	0.5	6:46	4:52	
20	Tue	9:03	4.0	9:25	3.0	2:33	0.6	3:29	0.6	6:47	4:51	
21	Wed	9:43	3.9	10:08	2.9	3:12	0.7	4:12	0.6	6:48	4:51	
22	Thu	10:24	3.8	10:51	2.9	3:57	0.8	4:56	0.7	6:49	4:50	
23	Fri	11:06	3.6	11:37	2.9	4:47	0.9	5:40	0.6	6:50	4:50	
24	Sat	11:50	3.5			5:39	0.9	6:26	0.6	6:51	4:49	
25	Sun	12:27	3.0	12:40	3.4	6:37	0.9	7:15	0.5	6:52	4:49	
26	Mon	1:26	3.2	1:38	3.3	7:41	0.8	8:05	0.3	6:53	4:49	
27	Tue	2:28	3.5	2:40	3.3	8:44	0.7	8:56	0.1	6:54	4:48	
28	Wed	3:24	3.9	3:39	3.3	9:45	0.4	9:47	-0.1	6:55	4:48	
29	Thu	4:18	4.3	4:35	3.3	10:44	0.2	10:40	-0.2	6:56	4:48	
30	Fri	5:11	4.6	5:33	3.4	11:44	-0.1	11:35	-0.4	6:57	4:48	